



My Body Signal Tracker

Track what your body's telling you — without judgment.

Today's Date: _____

1. Where did I feel good or at ease today?

- ☐ I felt grounded
- ☐ My breath felt steady
- ☐ I moved easily
- ☐ My energy felt balanced
- ☐ I had less tension than usual

Other positives I noticed:

2. What parts of my body called for attention?

- ☐ Neck or shoulders
- ☐ Lower back
- ☐ Hips or glutes
- ☐ Knees or legs
- ☐ Jaw or head

Other areas or sensations:

3. What did it feel like?

- ☐ Tight
- ☐ Tired
- ☐ Achy
- ☐ Heavy
- ☐ Buzzing or tense



In my own words:

4. What helped (or could have helped)?

- ☐ Heat or balm
- ☐ Breathwork
- ☐ Stretching
- ☐ Movement or walk
- ☐ Massage or hands-on support

Other ideas or things I tried:

5. One word for how I feel in my body today:
